

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Security classes

Embry-Riddle Aeronautical University offers a condensed Security 315, Studies in Intelligence, class. The class will apply toward a certificate in Security and Intelligence or any Embry-Riddle bachelor degree program. Registration is available through Monday. For more information call Ext. 5140.

Summer hires

The summer hire employment program runs from June 19 to Aug. 18 and is open to unmarried students ages 14-22 years old who are dependents of active duty or self sponsored civilians employed by a government agency. Applications are available at the Civilian Personnel Flight and the Aviano school guidance counselor's office. For more information, call Kristin Sansone at Ext. 7291.

Job openings

Aviano Elementary School seeks candidates for an education aide for the Sure Start program and substitute teachers who qualify as nurses, speech therapists or special educators. For more information, call Rosy at Ext. 5616.



Photo by Airman 1st Class Nathan Doza

In the element

Senior Airman Kenneth Lemanski, 31st Maintenance Squadron, Aerospace Ground Equipment journeyman, adjusts an engine throttle on a self-generating nitrogen cart. The cart produces 95 percent pure nitrogen and is used to service wheels and struts on aircraft. Nitrogen stays cool at high altitudes, which minimizes moisture formation on aircraft.

Aviano NCO receives top watch award

By Tech. Sgt.
Jerome Baysmore
31st Fighter Wing Public Affairs

An Aviano technical sergeant closes the door on his Aviano tenure but not without clinching top honors at the Air Force level.

Tech. Sgt. Corey Bowen, 31st Operations Support Squadron watch supervisor, received the Air Force Watch Supervisor of the Year award.

"As a watch supervisor, you have to monitor all the [aircraft and tower] frequencies and positions," Sergeant Bowen said. "You're ensuring nothing abnormal is happening because you'll be the first person they're coming to if it does."

Watch supervisors and controllers like Sergeant Bowen have task of ensuring safe operations of commercial and private aircraft. Controllers coordinate the movements of thousands of aircraft, keep them at safe distances from each other, direct them during takeoffs, landings, and around bad weather and ensure that air traffic flows smoothly with

See Watch, Page 7

Money Matter\$: The family support center has new financial management classes. Call Ext. 5407 for reserved dates and times.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1,192.1	806
	-112.2	-27

Information current as of Wednesday.



Life lessons

Learning from others is important and one Aviano Airman hopes he can help others by sharing his experiences with alcohol abuse.

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Capri magic

The island of Capri, in the Bay of Naples, is a captivating place of colorful flowers, shimmering blue waters and tart lemon drinks.

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From the top: A Word From Those Who Lead

U.S. Air Force

USAFE leaderships send cross check

USAFE has been entrusted with an incredible responsibility - to defend freedom and democracy.

We've performed this mission flawlessly for more than 60 years and continue to rise to the occasion.

Successful transformation, fostering theater security cooperation and winning the Global War on Terrorism remain our current challenges and are essential to freedom's future.

Our job is to deliver full-spectrum options to our combatant commander. To do this, we must transition from a Cold War defensive posture to an expeditionary force that promotes theater-wide security and stability.

Through both transformation and engagement, USAFE strives to build and strengthen existing partnerships with Eastern European and African nations.

We seek to improve and bolster the security capabilities of those regions - working side-by-side with air forces from every nation within our AOR to establish friendship and trust.

NATO is also transitioning from a common defense force to a security-focused organization and USAFE moves lock-step with it to ensure we have the collective capability to counter emerging threats.

In cyberspace, we're tying together more communication nodes to give U.S. and NATO commanders real-time command and control.

We also fly and train with new NATO partners from Romania and Bulgaria. Our

"History does not long entrust the care of freedom to the weak or the timid."

- Dwight D. Eisenhower

NATO Response Force (NRF) commitments will require this interdependence. Together, we maximize our individual strengths to achieve common goals.

Our team's commitment to excellence knows no boundaries. Our medical personnel move our sick and injured from the front lines to safety at record-breaking speed. Our Airmen enable and teach the new Iraqi Air Force.

We assist with humanitarian operations in Africa by transporting Rwandan troops to the troubled Darfur region of Sudan.

We are "Freedom's Guardians," and work to ensure a free way of life for people all over the globe.

"Ensuring Freedom's Future" is more than a catchphrase. It captures everything we do for our country, our allies and partner nations.

Enabling robust security and stability in areas of volatility within the global community has never been more important.

Through proactive engagement, we'll be visible and flexible in order to prevent, deter, and contain emerging threats.

Just as Eisenhower's words challenge, we are up to the task. Our investment today sets the stage for tomorrow's victory.


General Tom Hobbins


CMSgt Gary Coleman

Aviano Airman of the Week

Name: Airman 1st Class Daniel Hurd

Unit: 603rd Air Control Squadron

Job: Surveillance technician

Hometown: Houston, Texas

Family: Dad, Bruce; Mom, Laurita; Sister, Diandra

Hobbies: NASCAR, weight lifting, military aircraft and reading military-themed books

Why joined: "To serve my country and be part of the Global War on Terrorism."



Postal Service reissues Purple Heart stamp

By Army Sgt. Sara Wood
American Forces Press Service

A new version of a postage stamp commemorating the Purple Heart and all those who have earned it was issued in a ceremony at Arlington National Cemetery, Va., May 26.

At the ceremony, two veterans of the war in Iraq were awarded Purple Hearts by R. James Nicholson, secretary of Veterans Affairs.

“[The Purple Heart] celebrates the indomitable spirit of ordinary Soldiers in extraordinary situations; it embodies our country’s earliest traditions of service and sacrifice,” Secretary Nicholson said before presenting the Purple Heart to Army Spc. Michael Hilliard and Army Spc. Ian Wagner.

The stamp is a new version of the Purple Heart definitive stamp, first issued in May 2003 by the U.S. Postal Service. USPS is proud to recognize the Purple Heart with this stamp, because it reminds Americans of what people have suffered in the name of freedom, said John E. Potter, postmaster general and chief executive of-



Officials from the Department of Veterans Affairs and the U.S. Postal Service unveil the new version of the Purple Heart definitive stamp at Arlington National Cemetery on May 26.

ficer of the U.S. Postal Service.

“The award and the men and women it honors say so much about our nation,” Mr. Potter said. “In reissuing this stamp today, we have 50 million chances to tell that story again.”

About 100 Purple Heart recipients attended the ceremony at the invitation of

the Military Order of the Purple Heart. James Randles, the order’s national commander, thanked all those who made the reissuance of the stamp possible, and said that the stamp is very important because it is a recognizable symbol that has meaning to servicemembers of all ages from all services.

“It is the one medal wanted by few but worn by many,” Mr. Randles said.

The Purple Heart is awarded in the name of the president to members of the military who have been wounded in combat or to the next of kin of those killed in action.

The stamp features the medal’s image – a profile of George Washington on a purple background within a heart-shaped medallion. The stamp image is a photograph of one of two Purple Hearts awarded to James Loftus Fowler of Alexandria, Va. He was a lieutenant colonel in the 3rd Battalion, 4th Marines, when he received the Purple Heart in 1968 following action close to the Ben Hai River on the border between North and South Vietnam.

The new Purple Heart stamp went on sale nationally May 27.

Free childcare: Families who are ready to PCS or have recently arrived are entitled to free child care. Call Ext. 5407 for details.

DOD works to further reduce military suicides

By Donna Miles
American Forces Press Service

Suicide rates within the military are about half those in the civilian military-aged population, but the Defense Department is reaching out to its members to help further reduce the incidence of suicide within the ranks, a top military doctor said.

The suicide rate for military members during 2005 was 11 per 100,000, said Dr. David Tornberg, deputy assistant secretary of defense for clinical and program policy. That compares to about 19.5 per 100,000, the national average for Americans in the 20- to 44-year age group.

“We have substantially fewer suicides in the services,” he said. Yet the in-depth investigations into every military death and the publicity associated with military suicides often give the American public the opposite impression, he said.

In fact, the suicide rate within the military has remained “remarkably steady” over the past decade through peacetime and war, Dr. Tornberg said.

While there is no indication combat deployments increase the likelihood of suicide, Dr. Tornberg said it is clear that they add yet another stressor to the troops.

“There’s a precipitating reason for every suicide,” he said. “And in general, it is a response to some life event that has dire consequences to the individual at the time. During high-stress situations such as deployments, relationship, financial and other problems may worsen.”

DOD has long recognized military service as a high-stress occupation and offers a full array of programs to help servicemembers cope with that stress.

“Ours is high-stress work, and we recognize that and have really

robust programs in place for addressing this issue,” Dr. Tornberg said. “The way we see it, one single loss of life is a problem.”

The key is making mental health services more available, removing the stigma often associated with seeking care, and teaching troops to recognize when they or a fellow servicemember may need help.

“If you see someone undergoing difficulties in this area, ask them if they are considering taking their life and encourage them to seek counseling and assistance,” he said.

If that doesn’t work, the doctor urges people to go to their unit leaders, chaplains or mental health professionals with their concerns.

“If there’s a concern about suicide, we encourage them not to keep that confidential until after the fact,” he said.

Much of DOD’s suicide-prevention effort is directed at educating servicemembers to recognize when they need help and where to go to get it.

“We strive to train our servicemembers about risk factors for suicide and the warning signs and to encourage them to seek help if they’re in a stressful situation,” Dr. Tornberg said.

Troops returning from deployments go through reintegration process that covers difficulties they may encounter reentering society and communicating with their families and friends. They receive warnings about the dangers of abusing alcohol, a factor often associated with suicide.

With the wide availability of mental health services, one of DOD’s big challenges is getting people to take advantage of them.

Although there’s less resistance now than in the past to seeking help, “We can’t ignore the fact that broadly in society there’s still a stigma associated with mental health concerns and seeking help,” Dr. Tornberg said. “And we are working actively through our leadership to try to break those barriers down.”

Preventing childhood toy injuries

By Bryant Nicodemus
31st Civil Engineer Squadron
assistant fire prevention chief

The U.S. Consumer Product Safety Commission estimates more than 3 billion toys and games are sold in the U.S. every year.

All too often they are linked to injuries and death. Children can suffer from strangulations, burns, drowning and poisonings. Appropriate selection and proper use of toys can greatly reduce the incidence and severity of such injuries.

According to the CPSC, the leading cause of toy-related death is riding toys. Among children ages 14 and under, riding toys are associated with more injuries than any other toy group. Small children under age 3 are at greater risk of injury due to their natural desire to put everything in their mouths.

The toy safety checklist offers tips in reducing the risk of injury.

Before buying:

- Use the recommended age labeling as a guide
- Look for warnings or other safety messages on toy packaging
- Buy only toys suitable for the child's age group

- Avoid toys with sharp points or edges

- Check rigid eyes and noses on soft toys; make sure they cannot be pulled off

- Examine wheels on toy cars and trucks to make sure they are secured

- Make sure small parts of larger toys cannot break off

After buying:

- Look for warnings or other safety messages on toy packaging

- Read all instructions carefully

- Throw away all toy packaging such as plastic, cellophane, and Styrofoam

- Teach your child the proper use of toys

- Throw away broken toys that cannot be fixed properly

- Make sure all batteries in toys are installed properly

- Do not allow a child to sleep with battery-operated toys

- Teach children to put their toys away

- Examine toys regularly for signs of wear and tear

- Always supervise children at play. Play is even more valuable when adults become involved and interact with children during play rather than supervising from a distance.

Coupons: Donate unused coupons to Aviano families at the family support center.

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minimal delays.

"I've seen a big change in the Air Force," he said. "While we're doing more with less, the quality of people is improving."

Sergeant Bowen said the personnel in his career field know all about working long hours. He couldn't pinpoint exactly why he won the award, but he does laud his leadership for recognizing their people by submitting them for awards.

While deployed, he filled a chief master sergeant's billet, during the chief's four-day absence and directed air traffic control operations at Ali Air Base, Iraq. Sergeant Bowen also directed initial search actions for a downed British C-130 and helped locate the crash site within hours.

Sergeant Bowen's leadership was also noted during an unpredicted radar



Tech. Sgt. Corey Bowen, 31st Operations Support Squadron.

outage in Iraq – his calm demeanor enabled the ATC team to stay focused and avoided more than 130 aircraft catastrophes over central Iraq.

"As a whole, we put in some long hours in our career field," he said. "We're low-manned, and we're working twice as hard."

As coalition team leader, Sergeant Bowen led 24 controllers in the busiest ATC complex downrange. Together they moved more than 74,000 aircraft on five airfields and kept

Baghdad Airport open. He also recovered a damaged C-12 by rerouting three low fuel aircraft to arrive behind it.

Sergeant Bowen's influence was also noted locally. He consolidated local ATC area information and created a computerized training resource.

Aviano runway violations on the rise

By 1st Lt. Nicole Dubnicay
31st Fighter Wing
Public Affairs

Aviano's flightline driving violations are on the rise.

Currently Aviano drivers have violated flightline intrusion protocol four times since January matching the number of violations for the full calendar year of 2005.

Runway intrusions are committed when flightline drivers enter the runway without proper authorization from the air traffic control tower and have the potential to result in lives lost and major damage to property.

All vehicles operating on taxiway Alpha and Bravo must have two-way communication with Aviano tower at all times. Drivers do not need tower permission to enter and drive on Alpha or Bravo, but do need a radio in the event tower has to contact the driver.

Runway intrusions are the most serious flightline driving violation. The minimum consequence for violations at Aviano result in flightline driving privileges being revoked for 30 days while the individual is re-certified to drive on the flightline.

"A safe environment is the ultimate goal of the Aviano flightline driving program," said Senior Master Sgt. Gil Corpuz, Airfield Operations manager.

Training material and information is provided to units by the 31st Operation Support Squadron Airfield Management office which oversees the flightline driving program.

For more information, call Sergeant Corpuz at Ext. 7635.

Correction

The education center testing program will continue as normal through the relocation process. To make an appointment for testing, call Ext. 5330. MPF testing is not affected by the education center relocation.

Alcoholism:

An allergy of the body, an obsession of the mind

**By Senior Airman
David Cheechov**

31st Logistics Readiness Squadron

Are you an alcoholic?" "Well, I don't go to meetings so I guess not."

How many times have you heard someone say those words? How many times have you yourself said that very same thing? I know I don't have enough fingers and toes to count how many times I said it. Of course, it was always with a smile and a laugh. Thinking back, I realize now, that I was just trying to make a joke or make light of a very serious matter. Alcoholism is definitely no laughing matter.

I'm going to tell my story in the hopes I can reach at least one individual who realizes it's time to ask for help. As hard as that seems, it's only a phone call away.

Like a lot of people, I started my drinking career in high school. Partying on the weekends with friends was normal. After high school and out in the real world, on my own, I decided that I could drink, have parties and get drunk whenever I wanted. This was the beginning of a long and hard-fought battle with the bottle. For the next ten years, I blew off many opportunities and lost many well-paying jobs due to partying. One of those being a four year paid tuition to Texas A&M. In hindsight, not one of the best decisions I ever made.

At the ripe old age of 29, I decided to join the Air Force, which was definitely the best decision I ever made. I graduated



Photo by Senior Airman Sarah Gregory

Senior Airman David Cheechov spent years hiding his drinking from himself and friends.

basic training and moved on to technical school. It was there I learned a lot of people in my career field worked hard and played harder than most. That was the rumor anyway. I was excited to hear this. That was right where I was used to being.

During the holiday exodus, in the middle of tech school, I went home and got married. Now I had a wife and a stepdaughter. Most would think that having a family, a new career and a new lease on life would have settled me down a bit. Yet I could not or would not give up the drinking career I had so diligently invested so much time in perfecting.

I arrived at my first duty location one month before my new family. By the time they got there, I had polished off eight cases of beer and four large bottles of whiskey. I was off to the races again. That pretty much continued for the next year and a half. I heard the voices and the rumors about how often I drank. It was often enough that I should've seen the red flags popping up all around me. Once again though, I justified my actions one way or another. Usually by saying "Everyone else drinks," "All of the guys in my career field do it," "All of the bills are paid so no problem," or my favorite "I'm not an alcoholic, I don't go to meetings." Anything I could say to avoid the gruesome truth of what I was doing to myself and my family.

A year and a half into my enlistment, I received orders to Aviano – the best assignment in the Air Force, everyone kept telling me. All I knew for sure was that

they have some really good beverages to be consumed over there.

Once again, I arrived at my assignment one month before my family. It didn't take long before I was at it again. Here at Aviano, I was drinking more than ever. I would take cases of empty bottles to the recycle bin every week. Going on trips, going out to dinner and traveling all took a back seat to my addiction. Over the next year and a half, many things happened that should've woken me up to the fact that I truly needed help. Red flags were again popping up all over the place.

It took me many years to come to the conclusion and face the harsh reality that I too could actually be an alcoholic. I just didn't want to admit that I had a problem. I had never so much as received a letter of counseling. I mainly just drank at home, all the bills were paid, we had a nice house, two cars and nice things. All of these things were excuses I used to deny that my drinking career was full blown and hitting afterburner. After all, my wife hadn't left; I still had my job, my truck and my dogs.

One day, I woke up and realized that I was really close to losing it all. I decided to call the people at life skills. That was to be the beginning of a life I didn't think I could ever achieve. Upon completing the Alcohol and Drug Abuse Prevention and Treatment program, I see the world with new eyes. I am a happy, positive person. I get out and do things now that I wouldn't have done before. At least, that is, unless alcohol was readily available. I enjoy life now.

My point, is we have a lot of DUIs and alcohol related incidents in the military. All of these can be avoided. It has been proven to be possible. You don't have to drink to have a good time. I know that may sound odd to some, even redundant to others, but I know it to be true. So if you think you may have a drinking problem, not a starting problem, but a quitting one, ask for help. Don't wait until it's too late. It may just be the best decision you ever make.

If you don't think you have a drinking problem, you just enjoy drinking once in a while, or, you only drink in moderation, please drink responsibly. It takes a bigger person to admit you had too much to drink, than it does to be irresponsible or make a bad decision. Do the right thing. Don't put your career, life or the lives of others on the line for the sake of a split second bad decision or an irresponsible act. It's simply just not worth it.

Early warning signs

- Drinking alone or in secret
- Not remembering conversations or commitments
- Blacking out
- Making a ritual of having drinks before, with or after dinner and becoming annoyed when this ritual is disturbed or questioned
- Losing interest in activities and hobbies that used to bring pleasure
- Irritability as usual drinking time nears, especially if alcohol isn't available
- Keeping alcohol in unlikely places at home, at work or in the car
- Gulping drinks, ordering doubles, becoming intoxicated intentionally to feel good or drinking to feel "normal."



Nick Ferrau, son of Tech. Sgt. Robert Ferrau, 31st Communications Squadron, finishes his homework at the Youth Center May 25. The goal of the youth sponsorship program is to help youth make new friends, find other kids the same age with same interests, and get kids connected with new people and activities.



Children spend their after school time doing activities and playing games at the Youth Center. Aviano Youth Programs offers a wide range of different events and member organizations for youth to participate in.

Photos by Airman Liliana Moreno

Aviano Summer Camps

The Aviano Youth Program is also hosting five camps this summer.

The Major League Baseball Envoy Camp is scheduled from June 29-30 and is for children ages 8 to 12. Camp Adventure, a theme-based program, is for children in grades 1 through 5. Children must have completed first grade to register. There are four one-week sessions between July and August. Soccer camp will be held from July 23-29 and there are three different age groups parents can register their children for: 6 to 7 years, 8 to 9 years, and 10 and up.

The Missoula Children's Theatre will be performing "Little Red Riding Hood" in August and children can sign up and practice their roles beginning Aug. 12. Children in grades 1 through 12 can apply for the play. The theatre week culminates in a Saturday performance.

Finally, Cheer Camp runs from Aug. 13-19 and children who sign up will learn basic cheerleading skills including teamwork, safety, cheers, stunts and choreography techniques. Cheer Camp offers classes to two age groups: 7 to 10 years and 11 years and up.

Registration for these camps begins June 10 at the youth center and space is limited. For more information, call the youth center at Ext. 7575.

Shaping the face of tomorrow:

Aviano Youth Programs teaches, keeps kids active

By 1st Lt. Jennifer Ferrau
*31st Fighter Wing
Public Affairs*

Aviano Youth Programs is preparing for summer break and has planned several events for its youth.

The youth program is comprised of different categories: the school-age program, which is full-time care for children who have completed first grade and are at least six years old through 6th grade, or 12 years old; the teen center, open to youth entering 6th through 12th grade; and the Boys and Girls Club, available for youth ages 6 to 18.

School-age Program

This year, the AYP staff has broken the school-age program into weekly themes. Each week will provide a field trip. Themes include, but are not limited to, Art Week, which consists of a trip to the Scuola Mosaic Friuli, scheduled for the end of June; Insect Week, with a trip to the Butterfly House in Udine in early July; Ocean Life Week, with a visit to the aquarium in Lignano in late July and Animal Week, culminating in a trip to the Lignano Zoo in August.

The school-age program's fees are based on parent's incomes.

Teen Center

The teen center has several clubs for teens to get involved in this summer. Clubs include the Keystone Club, which focuses on maintaining high standards of health, education, character and citizenship in order for teens to develop into responsible, productive adults; the Smart Girls Club, a club for middle schools girls to learn life skills, experience healthy eating and fitness, and understand their bodies; the Smart Boys Club, which helps boys develop an sense of character, encourages positive behavior and a sense of moral compass; and the Torch Club, which promotes leadership and character-building skills.

In addition to these clubs, the teen center staff has, in coordination with Information, Tickets and Tours, organized several trips throughout the summer. They include a Aquaparc Waterpark trip, a Lignano Beach trip, and a trip to the Gardaland Amusement Park.

The teen center will be opened during the summer from 1 to 6 p.m. Mondays through Thursdays, from 1 to 10 p.m. Fridays, and from 1 to 6

p.m. Saturdays. The center is closed on Sundays.

Boys and Girls Club

Joining the Boys and Girls Club costs \$36 per child for annual membership. Membership allows children ages 9 to 12 to receive "open recreation" privileges. These privileges include access to the youth center gymnasium, volleyball field, basketball court, and discounts on sports and instructional programs as well as Kid's Night Out and Give Parents a Break programs.

Becoming a card-carrying member of the teen center (and the Boys and Girls Club) is easy, said Dreena Baylor, teen center director. "The annual membership fee gives them access to the teen center, cyber center, music rooms, as well as items for check-out," she said.

For teens, membership automatically enrolls them into the teen center.

For children under 9, their membership affords them the same discounts on sports and instructional programs and Kid's Night Out and Give Parents a Break Programs.

For more information on any of the above programs, call the Aviano Youth Center at Ext. 7575 or the Aviano Teen Center at Ext. 5994.



Taylor Gordy, daughter of Master Sgt. Marvin Gordy, 31st Logistics Readiness Squadron, plays a game of pool with her friends at the Youth Center.

Help wanted

The Aviano Thrift Shop is now accepting applications for a part-time bookkeeper position that opens in July. For more information, call the thrift shop during business hours from 10 a.m. to 4 p.m. Tuesdays and Wednesdays at Ext. 5428.

Hello, baby

The 31st Civil Engineer Squadron Spouses' Group is hosting a "Welcome Baby" event at the 31st CES compound at 11 a.m. Monday. All 31st CES spouses and children are invited to attend. For more information, call Kim Castro at 338-375-6996.

Change of command

Lt. Col. Troy Jackson will assume command of the 603rd Air Control Squadron from Lt. Col. Jennifer Spears at 3 p.m., June 13 at the 603rd ACS compound.

PC Wars

PC Wars hosts a gaming competition from 6 p.m. June 10 to 2 a.m. June 11 at the base exchange food court. All

ages and skill levels are welcome to attend and should bring their own computer. Prizes include gift certificates, wireless cards and games.

For more information, call Airman 1st Class Jienelle Arevalo at Ext. 8455.

La Leche League

La Leche League of Aviano will meet at 10 a.m. Thursday in the Chapel Education Center, Bldg 168 in Area One. The topic will be the benefits of breastfeeding. The group welcomes all breastfeeding and pregnant women. Babies and children are welcome at meetings. Snack are provided. LLL provides information and support on all aspects of breastfeeding and an opportunity to meet other breastfeeding women at Aviano. For questions call 0434-755-606 or 348-242-5373 or e-mail LLLAviano@yahoo.com.

Legal office

The legal office has recently undergone some changes in service hours for notaries, powers of attorney, will executions and claims

services. The new times are:

- Notaries, power of attorney and IVA tax forms are done on a walk-in basis from 2 to 4 p.m. Mondays and Wednesdays and 9 a.m. to 11 a.m. Tuesdays, Thursdays and Fridays.

- Marriage package notaries are by appointment only. These can only be notarized by the staff judge advocate or the deputy staff judge advocate.

- Will executions are now conducted at 1 p.m. Wednesdays. Legal assistance and will preparations are handled by appointments, but walk-in legal assistance is available at 4:30 p.m. Wednesdays. Customers must sign in between 4 and 4:30 p.m.

- Household goods claim inquiries and DD Form 1840R drop-offs are from 1 to 4 p.m. Monday through Wednesday. You must have an appointment to file your claim.

More information can be found on the legal Web site on the Aviano intranet. This site can be accessed from the home page under Wing Staff, by selecting Staff Judge Advocate. The address is <https://avo-intranet/JudgeAdvocate/>.

These services are only for U.S. military ID card holders and their dependents. For more information, or to make an appointment, call Ext. 7843.

Club scholarships

Air Force Services is conducting its annual club membership scholarship program. Current club members and their family members who have been accepted by or enrolled in an accredited school for the Fall 2006 term as a part-time or full-time student are eligible to apply. Students may be working toward an undergraduate or graduate degree. Grandchildren are eligible if they are a dependent of the club member.

Entrants must provide a 500-word essay on the topic: "Proud to be an American." Each entry form must be accompanied by college proof of acceptance. All entries must be submitted to the La Bella Vista Club by July 14.

Call Ext. 4303 for details.

CCAF degree

The education center hosts weekly information sessions for the Community College of the Air Force associate degree program at 9 a.m. Thursdays at the education center, Bldg. 186, Area One.

Members who want to learn more about how to earn their CCAF should plan to attend. For more information, call Ext. 5330.

Air War College

The Air War College Non-resident Program is soliciting eligible officers and federal employees for the seminar program. Interested members can enroll online at <http://www.au.af.mil/au/awc/awc-ns.htm> and clicking on the Student Information System link.

The nonresident curriculum parallels the resident program, and emphasizes joint operations, senior leadership issues, national security strategy, regional studies, and the employment of air and space power.

The program is open to active duty, National Guard, and Reserve O-5 selectees or above, of any component of the U.S. Armed Forces, and DoD civilian employees above GS-13.

For more information, call the education center at Ext. 5330.

Get gardening

Outdoor recreation is offering potted plant gardening classes in Bldg. 1479 in Area F. The two-part class is from 6 to 8 p.m. Wednesday and 10 a.m. to 4 p.m. June 10 and includes a trip to a local greenhouse and hands-on planting of two types of planters. The cost is \$12 per person. Call Ext. 8623 for more information or to sign up.

Movie sale

The community center is selling all its VHS tapes for \$3 and DVDs for \$5, "as is," with no refunds. For more information, call Susan Lear at Ext. 5993.

Reel Times

Today, 7 p.m. - "Inside Man" Rated R - A tough detective matches wits with a clever bank robber as a dangerous cat-and-mouse game unfolds. Unexpectedly, a power broker with a hidden agenda emerges to inject even more instability into an already volatile situation. Starring: Denzel Washington, Jodie Foster

Saturday, noon - "Stay Alive" Rated PG-13 - After the mysterious brutal death of a friend, a group of teenagers find themselves in possession of Stay Alive, a next generation horror survival videogame based on the true story of a 17th-century noblewoman known as "The Blood Countess." Starring: Jon Foster, Samaire Armstrong

Sunday, 7 p.m. - "Larry the Cable Guy" Rated PG-13 - Larry is a big city health inspector who is happy with his usual beat of greasy spoon diners and low-rent ethnic restaurants. But his easygoing life is turned upside-down when he's saddled with a straight-arrow rookie partner and assigned the biggest case of his career: investigating an outbreak of mysterious food poisonings at the city's swankiest restaurants. Starring: Joe Pantoliano, Joanna Cassidy

Wednesday, 7 p.m. - "Inside Man" Rated R

Thursday, 7 p.m. - "Larry the Cable Guy" Rated PG-13

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Upcoming festivals

- Venetian paintings are on display in Rovigo until Sunday including the most famous works from Venetian artists from the 15th to the 18th century.

Visit http://www.turismo-cultura.it/frame_roverella.htm for more information.

- Local guitar players will perform at 7:30 p.m. Saturday in Castelbrando. The entrance fee is €10. Visit www.arteritmi.it for details.

For more information on any of these events, call Ext. 7555.

Information base

For lists on many of the festivals in the areas from Pordenone across the region of Friuli Venezia Giulia to Trieste, visit <http://www.sagreinfriuli.it/nuovosito/index1.htm>.

Visit <http://www.turismo.veneto.it/> to find information about local exhibits, tours, workshops, restaurants and camping.

Travel tips

- Always try to travel light. You can move more quickly and will be more likely to have a free hand. You'll also be less tired and less likely to set luggage down, leaving it unattended.

- Don't wear clothes that easily identify you as American, such as those displaying the flag, American colleges or sports teams.

- Leave a copy of your itinerary with family or friends in case of an emergency.

Experience the magic, beauty of Capri

By Senior Airman Sarah Gregory
31st Fighter Wing Public Affairs

With its craggy coastline, lush flowers and mesmerizing blue-green waters, visiting the Campania region of Italy is almost like stepping into a different country.

One of the jewels of this region is the small island of Capri, located in the Bay of Naples. Unlike the other islands in the bay, Capri wasn't formed from a volcanic source, but is actually a continuation of the limestone peninsula of Sorrento. Here, rows of white houses spill down the side of cliffs and small town squares offer unique shopping and dining opportunities.

The best time to enjoy Capri's charm is in the early summer, when the weather is warm but the island isn't overcrowded. To get there, visitors must take a ferry from Naples or Sorrento, which takes about 40 minutes.

From the port, visitors have the option of taking a bus, taxi, cog railway or steps up to Capri Town, or a bus to Anacapri, the island's second main city. Capri Town is the more crowded, wealthier section of the island and has lots of the pricier designer shops. It's nice to simply walk around and admire the beautiful views and window shop. A wonderful and free place to take gorgeous photos is the Giardini di Augusto, a public garden and monastery.

Anacapri is less crowded and offers a diverse array of shops, with many selling local specialties such as beautiful jewelry made from the coral that grows around the island, and limoncello. From the main town square, where the buses make drop-offs, people can take a 12-minute chair lift ride to Mount Solaro – the highest point on the island. On a clear day, the view is spectacular. This is also a good place to go hiking along one of the many scenic trails around the island or have a picnic. The chair lift costs €5.50 round-trip and is open from 9 a.m. to 5:30 p.m. daily. Another good site to visit is the church of San Michele which features a detailed mosaic floor depicting Adam and Eve being cast out of the Garden

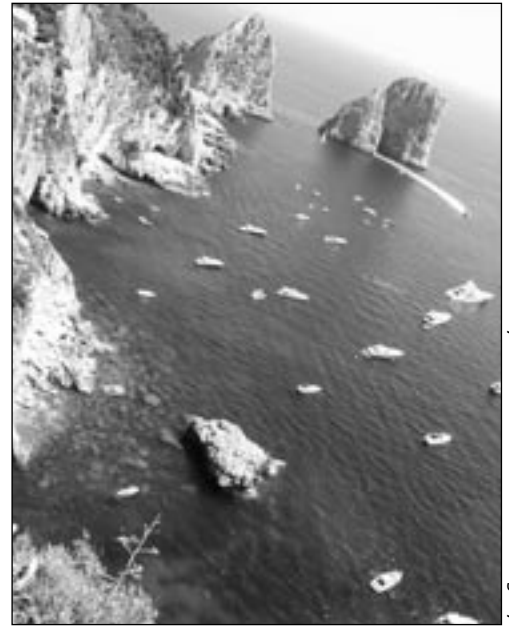


Photo by Senior Airman Sarah Gregory

People come from all over the world to explore Capri's craggy coastline and swim in its grottos.

of Eden. Visitors aren't allowed to walk on the floor – a wooden walkway goes around the perimeter and for €1 they can take the circular staircase up to the organ loft and get a good overview.

Besides the many photo and shopping opportunities, Capri also has a few beaches and good places to scuba-dive. If going to the beach, it's a good idea to bring sandals or water shoes because instead of the traditional sand, Capri's beaches are rocky.

Capri offers lots of chances to taste some local specialties; pick a restaurant with a view and sit back with a glass of the local white wine. Pasta and pizza are common menu items, but the buffalo mozzarella and fresh-grown tomatoes take these dishes to a whole new level.

Whether Capri is your primary destination or just a day-trip from the mainland, few can deny it's a captivating, beautiful place. Just be prepared to leave your heart, and your shopping money, behind.

Mapping it: The Aviano Family Support Center has free local area maps and tourist information. Call Ext. 5657 for details.



Photo by Senior Airman Sarah Gregory

Cinque Terre, Italy, is actually made up of five towns built into the coastal cliffs of the Ligurian Sea.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Tours office include:

- June 10 - Wine tasting in the Veneto Region and Soave Castle
- June 10-11 - Cinque Terre Region
- June 17 - Croatia by boat
- June 17-18 - Vienna and Danube River

ITT escorts ensure the group arrives and departs from destinations as sched-

uled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area.

Please note weather conditions and dress accordingly for trips. The ITT staff recommends wearing comfortable shoes because almost all tours involve walking. Call Ext. 5072 or 5026 for more information.

Air Force women named volleyball champs

By Steve Brown
*Air Force
Services Agency*

The Air Force women's team took top honors and the men's team came in second at the 2006 Armed Forces Volleyball Championship Fort Huachuca, Ariz., May 11 to 18.

The Air Force women faced the host Army team in their first match, beating them three straight games – 25-13, 25-16 and 25-13.

Kristin Huitt (a 2nd lieutenant from Vance Air Force Base, Okla.) directed the attack with 34 assists. Molly Stowers (a 2nd lieutenant from Eglin AFB, Fla.) had 14 kills, while Alice Bartek (a 2nd lieutenant from Aviano Air Base, Italy) added eight.

Dawn Rawlins (a captain from Patrick AFB, Fla.) and Shaylor Billings (a captain from Vance AFB) each had seven kills in the three-game match. Huitt, Rawlins and Gina Marino (a 1st lieutenant from the U.S. Air Force Academy, Colo.) each had two aces.

The Air Force women won their second match of the day by defeating the Marines 25-18, 19-25, 25-13 and 25-21. Huitt again balanced the attack with 41 assists. Stowers had 13 kills, while Rawlins and Billings both had 12.

Navy started play on the second day by defeating the Army 25-19, 25-13, 19-25 and 25-13. They then played Air Force in a tough



Photo by Senior Airman Sarah Gregory

Alice Bartek, 31st Mission Support Squadron, played for the U.S. Air Force women's volleyball team and helped them clinch victory at the armed forces competition May 11-18.

five-game match. Navy took the first game 25-20, but the Air Force came back behind Huitt's 11 assists and Bartek's seven kills in the second game.

Stowers served seven straight points, including three aces in this pivotal 25-16 game. The Air Force lost the third game 24-26, before coming back to win the final two games 25-16 and 15-11. Defensive specialist Monika Johncour (a 1st lieutenant from Randolph AFB, Texas) had countless digs and excellent passes in this match.

The third day of competition had the Navy defeating the Marine Corps 25-18, 25-16 and 25-20. Air Force then dispatched the Army women in like fashion, 25-

16, 25-23 and 25-19. Huitt had 31 assists while Rawlins had 13 kills. The Air Force women then beat the Marine Corps 25-20, 25-12 and 25-21, with Billings leading the team will 10 kills.

The final day opened with the tournament's deciding match between 5-0 Air Force and 4-1 Navy. The Air Force won the first game 25-21, which included two serving aces from Cassie Sepulveda (a staff sergeant from Naval Air Station Keflavik, Iceland), Huitt's 12 assists, Stowers' seven kills and Rawlins' six kills. The trend continued in the second game with Huitt's 13 assists, Bartek's seven kills and Johncour's point-saving digs and passes. Air Force won 25-22. The third and final game ended with Marino's firm block, squashing Navy's hopes with a final score of 25-22.

Final records in the women's championship were Air Force 6-0, Navy 4-2, Army 2-4, and Marine Corps 0-6.

Four of the six starters on the Air Force women's team were named to the seven-player all-tournament team. Johncour was named the best "libero" (defensive specialist); Huitt, best setter; Rawlins, best opposite hitter; and Stowers, top middle. Based on availability, Stowers, Marino and Sepulveda will remain on site to train and participate in the 2006 Conseil International du Sport Militaire Volleyball Championship, scheduled for Fort Huachuca June 9 to 21.

Fly Bys

Volksmarch

The Aviano Road Runners are participating in a Volksmarch at 7:30 a.m. Sunday. The group leaves the Bar Municipio in Roveredo and heads to Nova Gorizia, Slovenia. Participants must bring a passport. For more information, call Ext. 7692 or 7404.

Sports registration

Flag football and volleyball registration is ongoing through June 20. For more information, call Shalee Torrence at Ext. 4784 or e-mail her at shalee.torrence@aviano.af.mil.

Basketball camp

A professional basketball camp for youth ages 8 to 20 is June 18 to 24 and June 25 to July 1. For more information, or to sign up, call Mike Williams at 338-439-0929.

Sports Day

A sports day for adults and kids is Saturday and Sunday in Fontanafredda. All base community members are invited to attend and participate. Sporting events for children are from 10 a.m. to noon and 3 to 7 p.m. Saturday and adult events are from 9 a.m. to 12:30 p.m. Sunday. Events include soccer, volleyball, rugby, tennis, basketball and ping-pong. A free lunch will be served both days.

Frisbee challenge

The 31st Maintenance Squadron Lantirn shop is issuing an ultimate frisbee challenge to any team. Teams must have at least six players and can bring substitute players. For more information, call Tech. Sgt. Jason Patton at Ext. 8642 or 334-132-7506 or e-mail him at JasonPatton@DraghiCycling.com.

Officials needed

The Aviano Sports Officials Association is looking for softball officials and scorekeepers. For more information, call Bill Dellick at Ext. 8763 or Robby England at Ext. 7459.

Golf tournament

The 2006 U.S. Air Forces in Europe Golf Championships will be held at the Alpine Golf Course, June 12 to 17.

This championship is a 54-hole stroke play tournament and is governed by PGA rules and includes the following categories:

- Men's Open
- Men's Senior (ages 30 to 39)
- Men's Master (ages 40+)
- Women's Open

- Women's Master (ages 40+)

All military ID card holders, including active duty, civilians and family members, who are at least 18 years old and out of school, are eligible to play. The top male and female golfers, regardless of division, receive an invitation to the Air Force Golf Trials, July 22 to 29 at Vandenberg Air Force Base, Calif.

For more information, call Al Hobrecht at Ext. 7386 or e-mail him at albert.hobrecht@aviano.af.mil.

Summer safety and where you fit in

**By Lt. Col.
Todd Phinney**
*31st Fighter Wing
Chief of Safety*

Summertime! Just that simple word stirs something deep in all of our souls. The summertime period gives us a chance to really live life. For nearly all of us, our love of the summer began during our adolescent years. Summertime was the period when we were "set free" from school.

While our love for summer is nearly as strong now as it was in our youth, our opportunities to get hurt are even greater and the consequences are more dramatic as well.

As kids, we had bicycles and perhaps a dirt bike or go-kart. Now we drive automobiles on roads in Europe that might not have a speed limit. As adults, alcohol often becomes a beverage of choice at picnics, barbecues, etc. Unfortunately, some of us also choose to drive, partake in sports, swim, etc. while under the influence.

In short, we still love to "play hard" during the summer and our safety statistics bear witness that it is a more dangerous period for us.

Out of all this came the concept of the 101 Critical Days of Summer. This is the period where we Airmen put special emphasis on, to put it bluntly, being safe.

For us here at Aviano, Brig. Gen. Robert Yates, 31st Fighter Wing commander, kicked off our 101 Critical Days of Summer campaign last Thursday. Most of you know that the 101 Critical Days of Summer safety campaign runs until the end of Labor Day.

Our wing safety goals for the summer campaign are threefold. First, we all need to strive to ensure that we have zero losses of life or debilitating injuries. Since our wing stood up in the mid-1990s, we have had 24 fatalities and two permanent disabilities. The wing's first fatality here at Aviano occurred in June 1994 (in the heart of the 101 Critical Days of Summer) when a bicycle rider (no helmet) was struck by a car. Our last fatality was in January of 2005 when one of our members lost control of her car.

My personal concern is the higher amount of long-distance driving our members undertake.

Our last permanent dis-

ability came as the result of a motorcycle wreck in October 2005 that left one of our team paralyzed from the waist down. Motorcycle riders, as you flock to the roads during the summer, please drive with caution.

Our second goal is to reduce the number of major motor vehicle accidents. The wing goal is to have 10 or less MMVAs during the 101 Critical Days of Summer. Alarmingly, last fiscal year our wing had 151 MMVAs. Of our 24 fatalities in the wing here at Aviano, nine involved motorcycles and 11 involved cars.

Finally, our last 101 Critical Days of Summer goal is to have two or less DUIs for the rest of the fiscal year. During last summer's campaign, we had four DUIs. This is simply unacceptable.

This year, our DUIs are typified by a very high BAC and our members losing control of their vehicle.

I am so thankful that the objects we have been hitting are stationary objects versus oncoming traffic.

Summertime can be just as fun as when we were kids. With a little bit of common sense, we can avoid safety pitfalls, and have a wonderful and safe summer.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Recognizing The World's Finest

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Airman 1st Class Wayland Wong was recently selected for the Chief's Choice for his work as a 603rd Air Control Squadron electrical power production journeyman. Airman Wong is an active member of the base honor guard, and he recently received his CCAF degree.



What do you think are the most important qualities an Airman should have?

A: Attitude, as long as you have the right attitude, anything can be done.

Q: Where is your home-

town? What do you miss most about it?

A: San Francisco, Calif. I miss the city life and the diversity of the city.

Q: What kind of impression do you hope to leave on people?

A: That I am a competent and well-educated person.

Q: Why did you enlist in the Air Force?

A: For the travel opportunities and educational benefits.